

## Ginger Craisin Kale Salad

If you are looking for a fresh idea for a brown bag lunch this is it! The flavor combination of spicy crystallized ginger, sweet dried cranberries, nutty pumpkin seeds, and lemon is bliss- PLUS, this salad packs really well and will minimize that take-out temptation. Purchasing pre-chopped kale will eliminate your prep time.

### RECIPE

1 large handful of kale, chopped  
1 tablespoon dried cranberries  
1" of dried crystallized ginger, chopped  
1 tablespoon pumpkin seeds (also known as pepitas and PACKED with protein)  
Juice of 1 lemon  
1 tablespoon olive oil  
Salt and pepper to taste

Combine kale, olive oil, and lemon juice into a bowl and toss until kale leaves are coated. The kale will tenderize with this. Top with all the goods- cranberries, ginger, pumpkin seeds, and season to taste with salt and pepper. So easy!

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